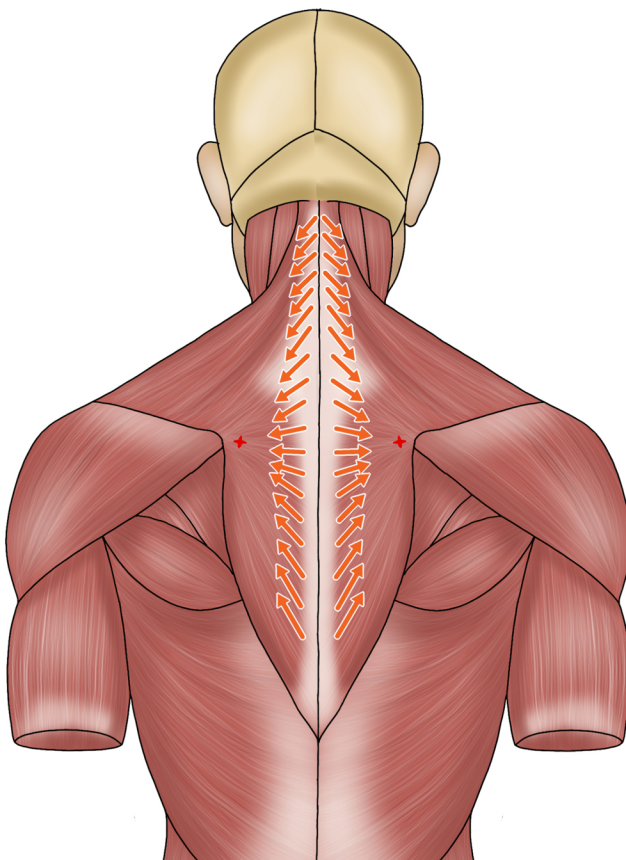


Levator scapulae

big muscles require bigger
tools such as

- Your elbows
- Cupping
- vibrating ball
- massage gun

30 seconds to 1 minute

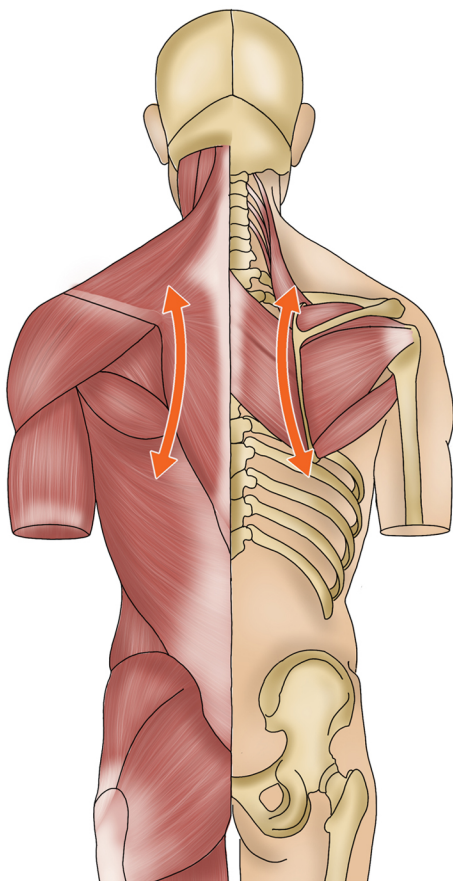


Trapezius attachment

big muscles require
bigger tools such as

- Your elbows
- Cupping
- vibrating ball
- massage gun

30 seconds to 1
minute

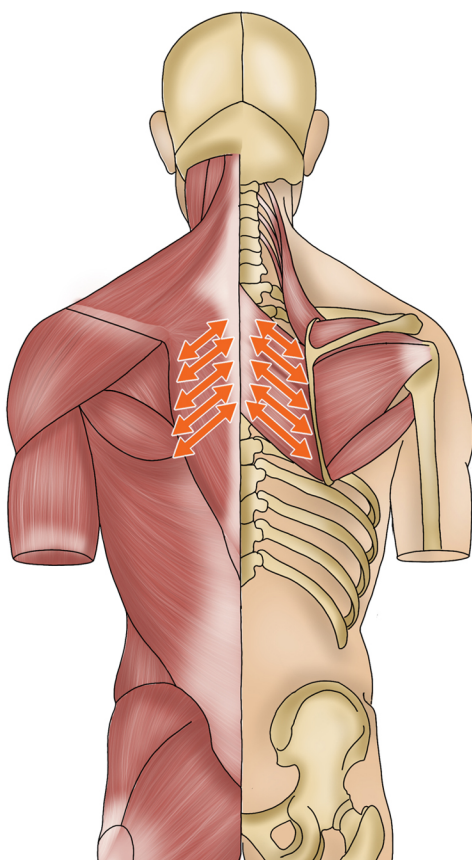


Mark the Medial Scapular Border

big muscles require bigger tools such as

- Your elbows
- Cupping
- vibrating ball
- massage gun

30 seconds to 1 minute

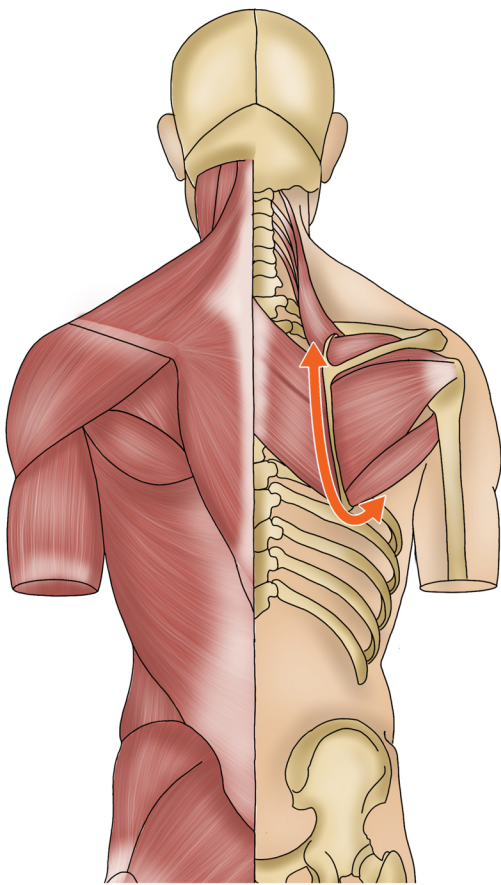


Rhomboids

big muscles require bigger tools such as

- Your elbows
- Cupping
- vibrating ball
- massage gun

30 seconds to 1 minute

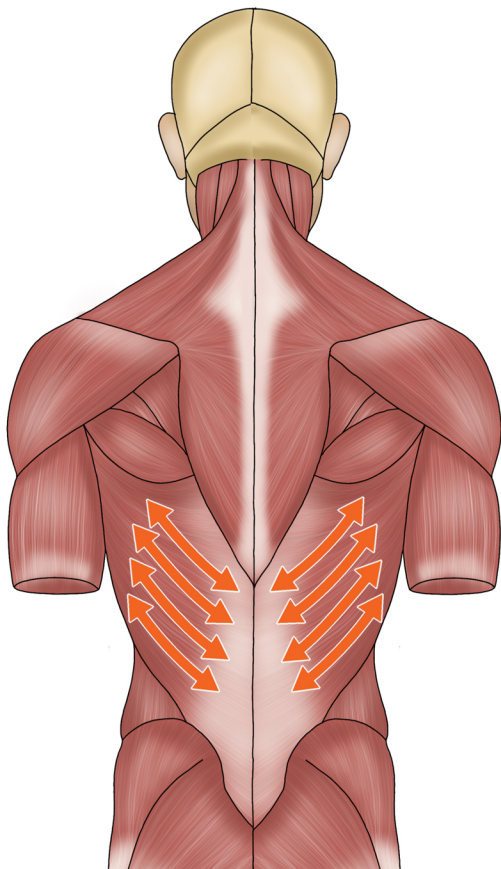


Medial Scapular Border

big muscles require bigger tools such as

- Your elbows
- Cupping
- vibrating ball
- massage gun

30 seconds to 1 minute

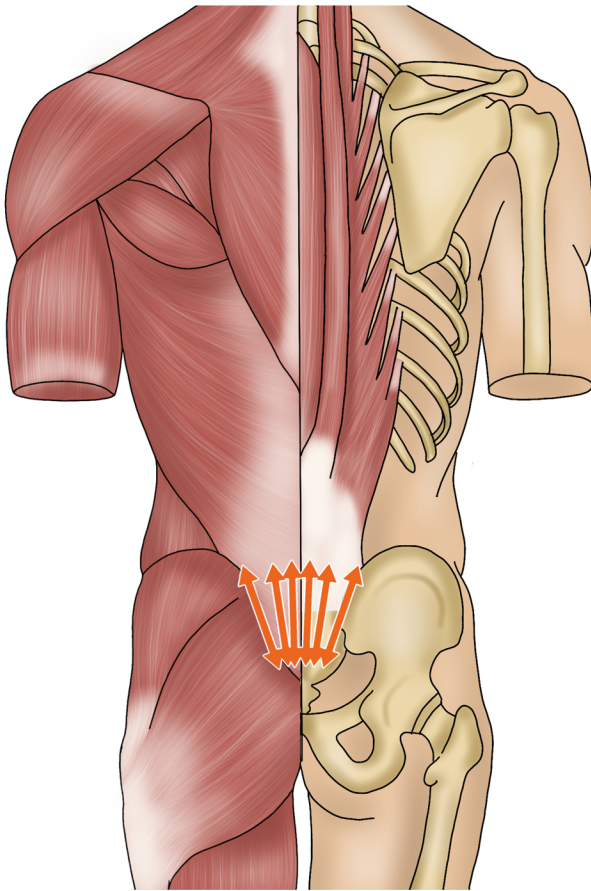


Latissimus Dorsi (optional)

big muscles require bigger tools such as

- Your elbows
- cupping
- vibrating ball
- massage gun

30 seconds to 1 minute duration

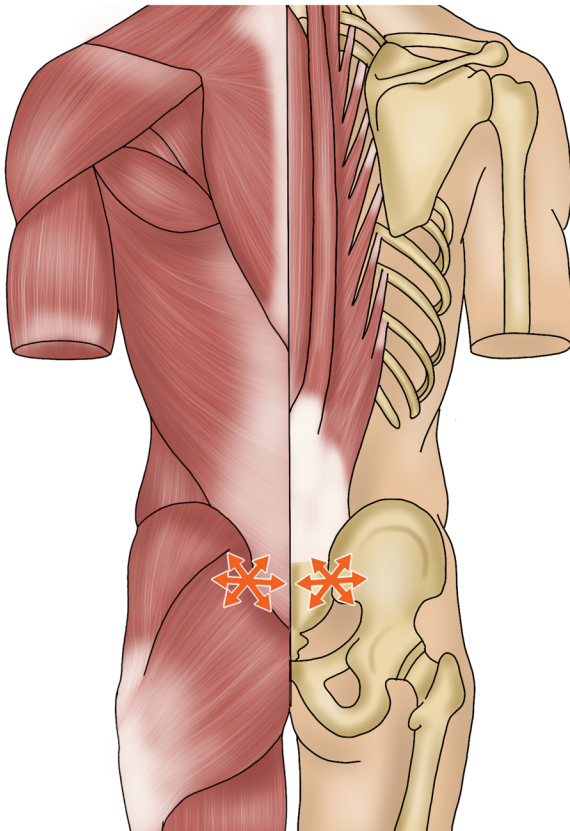


Sacrum

big muscles require bigger tools such as

- Your elbows
- cupping
- vibrating ball
- massage gun

30 seconds to 1 minute duration

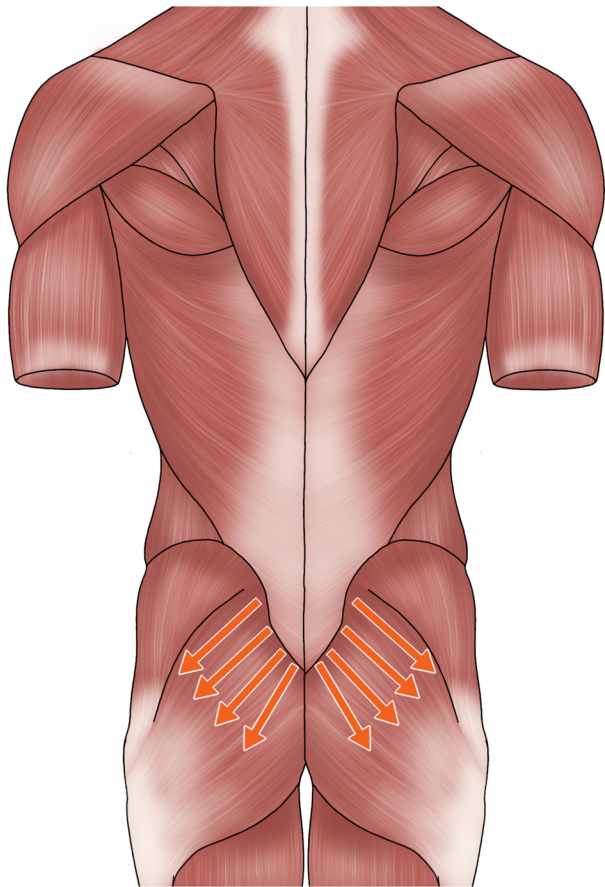


SI Joint (optional)

big muscles require bigger tools such as

- Your elbows
- cupping
- vibrating ball
- massage gun

30 seconds to 1 minute duration

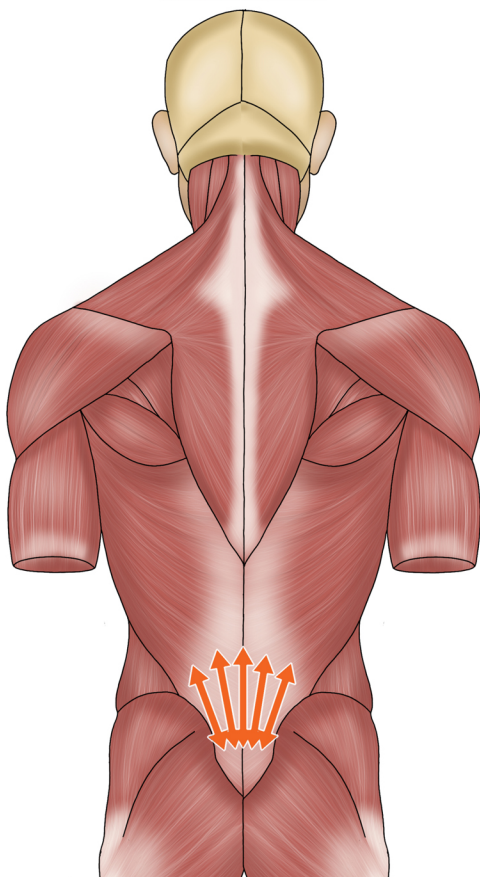


Gluteus Maximus Insertion (optional)

big muscles require
bigger tools such as

- Your elbows
- cupping
- vibrating ball
- massage gun

30 seconds to 1 minute
duration

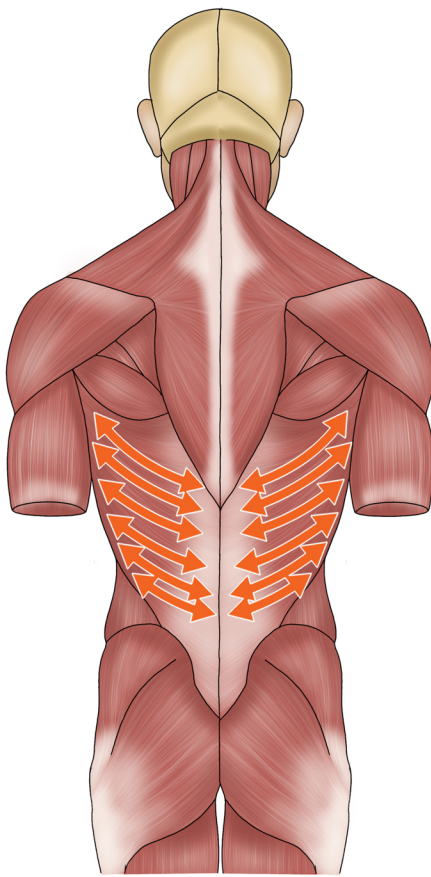


Thoracolumbar Fascia Attachment

big muscles require
bigger tools such as

- Your elbows
- cupping
- vibrating ball
- massage gun

30 seconds to 1 minute
duration

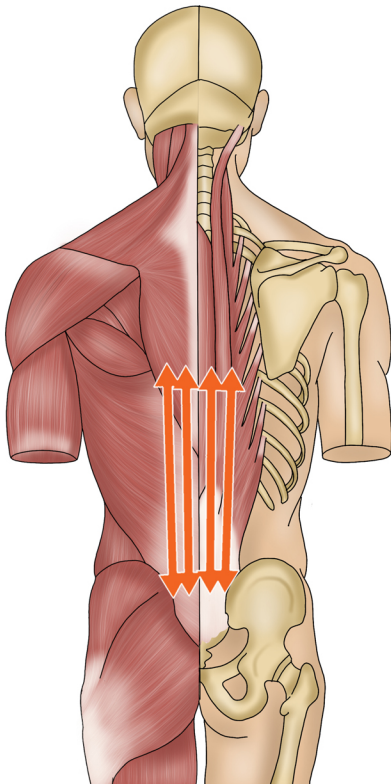


Thoracolumbar Fascia and Latissimus Dorsi

big muscles require bigger tools such as

- your elbows
- cupping
- vibrating ball
- massage gun

30 seconds to 1 minute duration

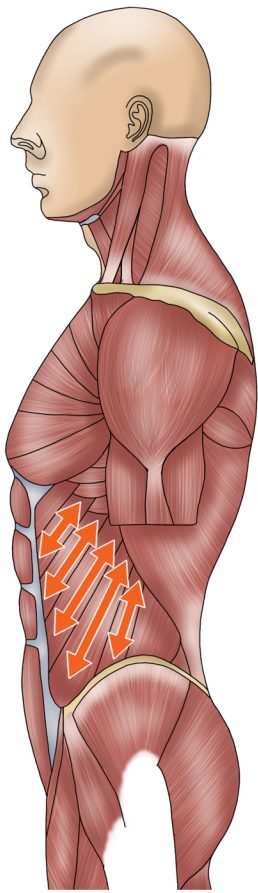


Lumbar Paraspinals

big muscles require bigger tools such as

- Your elbows
- cupping
- vibrating ball
- massage gun

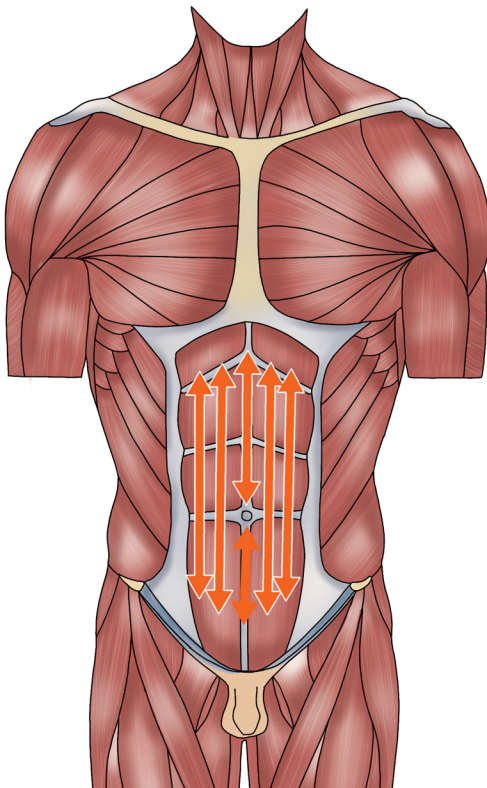
30 seconds to 1 minute duration



External Obliques

best treated sidelying using your forearms; or a roller

30 seconds to 1 minute duration



Rectus Abdominus

Long strokes

4-6 strokes BOTH directions

Usually done after surgery; use spoon or pen-cylinder